

# Barnsley Museums Makes: Boxing Clever



Have you ever imagined being a champion boxer like Barnsley born Brian Swaine?

At Experience Barnsley Museum you can see the sparring kit Swaine wore in the ring. Trained by top trainer, Brendan Ingle at the famed Junction, Swaine was so tenacious that he was never knocked out.



## ➔ Take the Boxing Clever Challenge

Skipping is a brilliant cardio exercise used by boxers as it helps them improve their footwork. By constantly transferring pressure from one foot to the other, just like when skipping, boxers can save energy and last longer in the ring.

- Cut out the cards below and challenge yourself or your friends to use that skipping move and then try another one.
- When you get really good, why not try doing each skipping move for three minutes (the time of a round in boxing). Rest for 1 minute and try another move.



**Basic Bounce**

Both feet together on the spot



**Travelling**

Running with the rope



**Criss Cross**

Cross your arms over in front of you every other skip



**Double Under**

Two turns of the rope in one jump

You just need a skipping rope and a pair of scissors for this activity

